

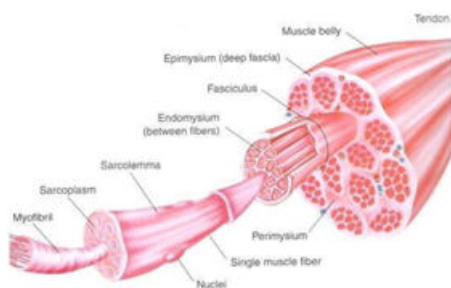


3DMuscleJourney.com is dedicated to promoting the sport and lifestyle of natural bodybuilding and weight lifting. Our goal is to encourage the growth of the natural movement, by contributing to the knowledge-base of our sport, giving exposure to natural competitors, and helping athletes compete at their absolute best in both mind and body.

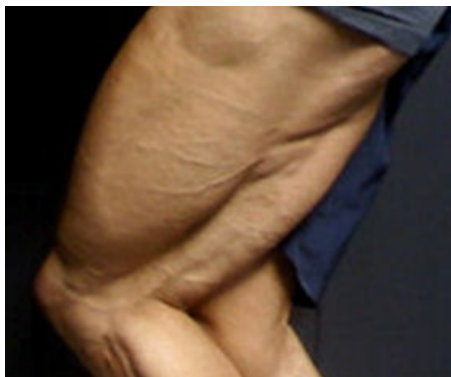
Our website is a resource for the serious natural lifter. We provide contest coverage, interviews, informational articles, videos, and Q&A columns on natural bodybuilding, weight lifting science, training, nutrition and strategies for competition.

[Team 3DMJ](#) also provides coaching and consulting to natural bodybuilders, powerlifters and serious weight lifters of all types.

In The Spotlight



October Q & A - What makes muscles grow? Pt 2



[Outlook on Hamstrings](#)

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3DMUSCLEJOURNEY Outlook on Hamstrings by Jk
<http://www.3dmusclejourney.com/articles-my-outlook-on-hamstrings>

3DMUSCLEJOURNEY - Hamstrings
www.3dmusclejourney.com
Thursday at 10:35pm

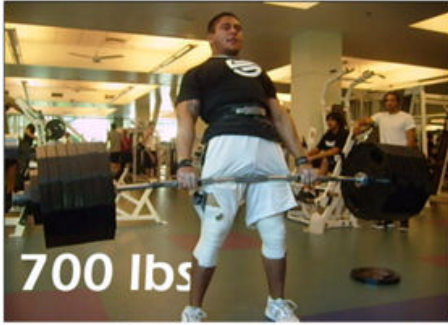
3DMUSCLEJOURNEY A follow-up to last month's
<http://www.3dmusclejourney.com/2010-10qa.php>

3DMUSCLEJOURNEY - Q & A October 2010
www.3dmusclejourney.com
Thursday at 10:34pm

3DMUSCLEJOURNEY This Saturday!!! See everyone
☐ **2010 APA Billy Funk Memorial Power Lifting**
By: Healthy Bodies Fitness
Photos: 6
Wednesday at 5:53am

662 people like 3DMUSCLEJOURNEY

Ján
George
Brett
Bryan
Stefan
Mi



Strongman Guerrero Lopez



2010 INBF West Coast Classic

Upcoming Event!

TEAM 3DMJ Coach Brad Loomis is proud to host the [2010 APA Billy Funk Memorial "All Raw" Powerlifting Championships](#) Oct. 9, 2010. For more info.call (530) 513-3336 or [sign up here](#).



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